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***Report Ties Children’s Use of Media to Their health***

<http://www.nytimes.com/2008/12/02/arts/02stud.html?_r=1Health>

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Dr. Emanuel, Mr. Steyer, and others began to research how television affects children’s health. In a majority of those studies focusing on television, films, video games, magazines, music and the Internet (playing a major part) in anyone’s childhood can lead to [obesity](http://health.nytimes.com/health/guides/symptoms/obesity/overview.html?inline=nyt-classifier), [tobacco use](http://health.nytimes.com/health/guides/specialtopic/smoking-and-smokeless-tobacco/overview.html?inline=nyt-classifier) and sexual behavior. While researching they also discovered while children are put in front of a television or computer for around five hours a day, it can change their brain development, and have a high risk for obesity. While trying to find some background research, Mr. Steyer realized how fast technology was advancing but how little research went into television and computer programs like Facebook, and Myspace.

Some connections I made while reading was thinking back to when I was a child and not remembering wanting to go on the computer or watching too much television, I remember going outside a lot. Another connection I made to this article was seeing my little sister watch a lot of television, probably at least two and a half hours of television per day, now I know how much television is ok.

While reading I wondered why there isn’t a big amount on research for how much the media affects people. I wonder this because technology is always advancing and media plays such a huge role in American society today.